

Trauma Recovery for Adolescents and Children

The Trauma Treatment Program provides services to Lake County residents, ages 2 through 18, who have experienced trauma.

Using Trauma Focused-Cognitive Behavioral Therapy (TF-CBT), we teach tools to children and their families that help them to cope with the trauma they have experienced and the symptoms that often start following the experience of a trauma.

Some of the common symptoms include:

- Fear
- Depression
- Anger
- Nightmares
- Frequent mood changes
- Negative thinking about themselves/the world
- Problems in school or in paying attention
- Relationship problems
- And many more

Please look inside for additional information and how to connect with the Trauma Treatment Program.



Lake County Health Department Waukegan, IL

Trauma Treatment Program
Children and Adolescent Behavioral Services
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What is trauma?

Trauma can result from many different situations. Trauma can be something that happens one time or something that



Bullying can be a traumatic experience.

happens many times. It can be a time when several things happen all at once that feel out of control. Or it can be from a set of circumstances like the deployment or return of a parent in the military.

When these things happen, a person may feel helpless—like they don't have any control over a situation, or they are physically threatened or in danger. Many times this causes strong feelings or behaviors that did not exist before the trauma happened. Trauma can be the experience of something that happens to you, or witnessing something that happened to someone else.

Not everyone who goes through the same situation will experience trauma. It has to do with how the situation feels to that person and how he or she is affected by those feelings. If something has happened (or is happening) that has caused your child to feel scared often, avoid situations or people, have nightmares, have difficulty trusting people, or any other trauma-related symptoms, please call us so that we can make sure your child gets the help he or she needs.

How can the Trauma Treatment Program help??

Here at the Trauma Treatment Program, we specialize in **Trauma Recovery with Adolescents and Children**, helping kids to feel like they are On-TRAC, and teaching them how to process through and cope effectively with the trauma they experienced. We have a team of counselors and therapists to assist with guiding children and their families through this process.



Using Trauma-Focused Cognitive Behavioral Therapy (described below), the treatment team will give families the tools they need to get On-TRAC and moving forward!

TF-CBT

Trauma Focused—Cognitive Behavioral Therapy is an evidenced-based treatment proven effective in working with children and adolescents who have experienced trauma. TF-CBT teaches us how to cope with unhelpful or inaccurate thoughts, confusing and overwhelming feelings, and unhealthy or risky behaviors that the experience of trauma many times causes. Topics include: Relaxation, How to Identify and Express Emotions Effectively, How to



TF-CBT will teach helpful tools

Identify and Change Unhelpful Thoughts, Writing a Trauma Narrative, Behavior Management Training, Safety, Parenting Skills, and much more! TF-CBT encourages family involvement and there are individual as well as joint sessions with parents and children when appropriate.

Referrals

If you know a child between the ages of 2 and 18 who you think may benefit from involvement in the Trauma Treatment Program, please contact us by phone or email to make a referral. During our conversation, we will complete a screening tool that will help us to determine eligibility. We look forward to working with you!



The Trauma Treatment Program operates in partnership with the National Child Traumatic Stress Network and Substance Abuse and Mental Health Administration.



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